What Is It?

B-Complex Plus is an exceptional combination of B vitamins, including vitamins B₁₂, B₆, B₅, B₉, B₃, biotin, and folate (as Metafolin® L-5-MTHF), all of which are provided in their optimal bioavailable and functional forms.*

Features Include

- Vitamin B₆ (pyridoxine HCl and pyridoxal 5′ phosphate), supporting amino acid metabolism, nervous system health, and neurotransmitter (i.e. GABA and serotonin) synthesis, which studies have reported may help promote menstrual comfort. Furthermore, pyridoxine supports healthy red blood cells by participating in hemoglobin synthesis and some studies indicate it supports wrist nerve comfort.*

- Vitamin B₁ (thiamin HCl), processing carbohydrates, fat, and protein via its coenzyme form of thiamin pyrophosphate (TPP). Vitamin B₁ is required to form adenosine triphosphate (ATP), the key source of energy for the body. Thiamin also promotes neural health.*

- Vitamin B₂ (riboflavin and riboflavin 5′ phosphate), metabolizing nutrients and participating in electron transport to form ATP. Riboflavin is an integral part of fatty acid catabolism or β-oxidation and helps convert folate and vitamins B₆ to their active states.*

- Vitamin B₃ (niacinamide and inositol hexaniacinate), supporting cardiovascular health by mediating healthy lipid and carbohydrate metabolism.*

- Vitamin B₅ (calcium pantothenate), supporting cardiovascular health. Pantothenic acid is vital in the healthy production, transportation, and breakdown of lipids. Furthermore, this B vitamin promotes the production of the neurotransmitter acetylcholine.*

- Vitamin B₉ (methylcobalamin), supporting healthy nerve cell activity and DNA replication. Vitamin B₁₂ is a vital component of the methionine synthase pathway, which along with folate and vitamin B₉ supports healthy homocysteine metabolism and S-adenosylmethionine (SAMe) production.*

- Folate, promoting the production of healthy DNA and chromosomes. Adequate folate status is critical for nucleic acid synthesis and neurotransmitter synthesis. At the molecular level, the main function of folate is to donate methyl groups in key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. It is provided in this formula as Metafolin®, the naturally occurring universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folate regardless of functional or genetic variations. In conjunction with vitamins B₁₂ and B₆, folate helps to support healthy homocysteine metabolism. Additionally, this B vitamin is important for the growth and reproduction of red and white blood cells.*

- Biotin, acting as a coenzyme for the metabolism of fat, carbohydrates and protein.*

Uses For B-Complex Plus

These B vitamins play important roles in nearly all of the physiological systems in the body. Some of the key supportive roles include the maintenance of muscle tone in the G.I. tract, the functioning of the nervous system, and the integrity of skin, hair, and the liver. Furthermore, these compounds are essential for hemoglobin formation, nerve impulse transmissions, mood, hormone synthesis, and energy metabolism.*
What Is The Source?
Pure Encapsulations B-Complex Plus formula contains:

- Vitamin B₃ (thiamin HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide and Inositol hexaniacinate: synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (methylcobalamin): corn dextrose fermentation
- Folate (Metafolin®, L-5-MTHF): synthetic
- Biotin: synthetic
- Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Recommendations
Pure Encapsulations recommends 1-2 capsules daily, in divided doses with meals.

Are There Any Potential Side Effects Or Precautions?
At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?
Folate may adversely interact with chemotherapeutic drugs.

B-Complex Plus

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>thiamin (as thiamin HCl) (B₁)</td>
<td>100 mg</td>
</tr>
<tr>
<td>riboflavin (vitamin B₂)</td>
<td>5 mg</td>
</tr>
<tr>
<td>niacin (as niacinamide)</td>
<td>100 mg</td>
</tr>
<tr>
<td>vitamin B₆ (as pyridoxine HCL)</td>
<td>10 mg</td>
</tr>
<tr>
<td>folate (as Metafolin®, L-5-MTHF)</td>
<td>400 mcg</td>
</tr>
<tr>
<td>vitamin B₁₂ (as methylcobalamin)</td>
<td>400 mcg</td>
</tr>
<tr>
<td>biotin</td>
<td>400 mcg</td>
</tr>
<tr>
<td>pantothenic acid (as calcium pantothenate) (B₅)</td>
<td>100 mg</td>
</tr>
<tr>
<td>riboflavin 5’ phosphate (activated B₂)</td>
<td>10 mg</td>
</tr>
<tr>
<td>pyridoxal 5’ phosphate (activated B₆)</td>
<td>10 mg</td>
</tr>
<tr>
<td>inositol hexaniacinate (no-flush niacin)</td>
<td>10 mg</td>
</tr>
<tr>
<td>other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)</td>
<td></td>
</tr>
</tbody>
</table>

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